

Catholic Charities Enterprises: Asian Pacific Congregate Meal Service - July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Shrimp and Scrambled Eggs</u> 3 oz Shrimp and Eggs 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	<u>Chicken in Garlic Sauce</u> 3 oz Chicken 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<u>Fish w/ Bitter Melon</u> 3 oz Fish 1 cup Rice 1 cup Bitter Melon and Onions Tossed Salad w/ Dressing Mandarin Oranges (4-oz) 1% Plain Milk 8-oz	<u>HOLIDAY</u>
<u>Sweet & Sour Baked Chicken</u> 3 oz Chicken 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<u>Bean Curd w/ Bok Choy</u> 3 oz Bean Curd 1 cup Rice 1 cup Bok Choy Tossed Salad w/ Dressing Fruit Cup 4-oz 1% Plain Milk 8-oz	<u>Eggs w/ Fried Onion</u> 2 Eggs w/ Fried Onion 1 cup Rice 1 cup Vegetable Stir-Fry w/ Lentils Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<u>Chicken Wings</u> 3 Chicken Wings 1 cup Rice 1 cup Carrots, 1/2 cup Curry Potatoes Tossed Salad w/ Dressing Applesauce 4-oz 1% Plain Milk 8-oz	<u>Tofu w/ Lo Han Vegetables</u> 3 oz Tofu 1 cup Rice 1 cup Lo Han Vegetables Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
<u>Chicken w/ Eggplant</u> 3 oz Chicken 1 cup Rice 1 cup Eggplant Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<u>Fish w/ Bitter Melon</u> 3 oz Fish 1 cup Rice 1 cup Bitter Melon and Onions Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	<u>Steamed Pork Patties</u> 3 oz Pork Patties 1 cup Rice 1 cup Water Chestnuts Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<u>Chicken w/ Peppers</u> 3 oz Chicken 1 cup Rice 1 cup Peppers Tossed Salad w/ Dressing Peach Cup 4-oz 1% Plain Milk 8-oz	<u>Fish w/ Sour Cabbage</u> 3 oz Fish 1 cup Rice 1 cup Cabbage Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
<u>BBQ Pork Chop</u> 3 oz Pork Chop 1 cup Rice 1 cup String Beans Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<u>Country Style Chicken</u> 3 oz Chicken 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing Mandarin Oranges (4-oz) 1% Plain Milk 8-oz	<u>Eggs w/ Seasonal Vegetables</u> 2 Eggs w/ Seasonal Vegetables 1 cup Rice 1 cup Vegetable Stir-Fry w/ Lentils Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<u>Sliced Pork w/ Pea Pods</u> 3 oz Pork 1 cup Rice 1 cup Pea Pods Tossed Salad w/ Dressing Tropical Fruit Cup 4-oz 1% Plain Milk 8-oz	<u>Fish w/ Vegetables</u> 3 oz Fish 1 cup Rice 1 cup Vegetables Tossed Salad w/ Dressing 100% Orange Juice 6-oz 1% Plain Milk 8-oz
<u>Chicken Wings w/ Bean Sauce</u> 3 Chicken Wings w/ Bean Sauce 1 cup Rice 1 cup Carrots Tossed Salad w/ Dressing 100% Apple Juice 6-oz 1% Plain Milk 8-oz	<u>Szechuan Style Bean Curd</u> 3 oz Bean Curd 1 cup Rice 1 cup Mixed Vegetables Tossed Salad w/ Dressing Banana, Fresh 1% Plain Milk 8-oz	<u>Onion Pork Chops</u> 3 oz Pork Chop 1 cup Rice 1 cup Broccoli Tossed Salad w/ Dressing 100% Grape Juice 6-oz 1% Plain Milk 8-oz	<u>Chicken w/ Eggplant</u> 3 oz Chicken 1 cup Rice 1 cup Eggplant Tossed Salad w/ Dressing Cinnamon Applesauce 4-oz 1% Plain Milk 8-oz	